

Home Course In Domestic Science

VII.—Substitutes For Meat.

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It has been previously hinted in these articles that meat need not form a part of every meal—in fact, the majority of people will have better health if they abstain from flesh eating oftener than once a day. The suggestion has also been made that meat substitutes, such as dishes in which eggs, beans, cheese or nuts form the chief ingredient, be served at least two meals a day. The variety of ways in which the materials may be used is numerous, all that is needed being a little ingenuity in combining them with other ingredients in order to obtain satisfactory results. Some people who are fond of hearty foods and meat flavors are loath to see the meat depart from the table only to reappear once a day. For such persons it will be necessary to practice the virtue of patience, make the other dishes substantial and appetizing and occasionally take a few lessons on food values. Beans, nuts and cheese all contain a larger per cent of protein than meat and, combined as they often are with other protein food, are really more nutritious than meat.

Cheese is a food rich in nutriment. It contains more than twice as much tissue building material than meat and a large per cent of fat. But because it is a concentrated food it gives the digestive organs considerable work. One reason for this is because the curd of the milk has been hardened by heat in the process of making, besides being closely pressed. Grated or finely broken cheese is more readily digested than that served in larger pieces. Cooking also increases the indigestibility of cheese, and for this reason in



all dishes requiring cooking the cheese should be subjected to a little heat as possible. There is a large amount of fat in cheese, and cooking fat changes its character, breaking it up into glycerin and fatty acid. For this reason all fat used for cooking purposes should not be heated longer or to a higher degree than necessary. A very delicious supper or luncheon dish in which cheese is used in combination with cooked macaroni, eggs and milk is known as macaroni loaf and is made as follows:

Macaroni Loaf.
Three-quarters of a cup of macaroni, one cup of cream, one cup soft bread-crumbs, one-quarter of a cup of butter, one tablespoonful of red or green pepper, one-half cup of grated cheese, one tablespoonful of onion juice, one tablespoonful of chopped parsley, three eggs and one tablespoonful of salt. Cook the macaroni in boiling salted water until tender. Drain and rinse in cold water. Scald the cream, add bread-crumbs, butter, pepper, salt, grated cheese, parsley, onion juice, then beaten eggs and macaroni. Line a quart baking dish with buttered paper, turn in mixture, set the pan on many folds of paper in a dish of water and bake in a moderate oven from one-half to three-quarters of an hour. Serve with tomato sauce.

Tomato Sauce.
Two tablespoonfuls of butter, two tablespoonfuls of flour, one-half teaspoonful salt, one-eighth teaspoonful of pepper, one cup of stewed and strained tomatoes, slice of onion and half a teaspoonful of capers. Brown flour and butter separately, then combine and add salt and pepper. Cook tomatoes with slice of onion for a few minutes, then remove onion and add juice gradually to butter and flour. Cook thoroughly, then add capers.

The macaroni should be broken in inch pieces and cooked in a quart of boiling water to which a tablespoonful

of salt has been added. Keep boiling rapidly until the macaroni can be pushed between the thumb and finger; drain and pour over it a quantity of cold water to keep the pieces from sticking together.

How to Cook Eggs.

The white of egg is almost entirely pure albumen, a substance which is quickly coagulated by heat and toughened by prolonged cooking. Albumen is the protein part of animal foods and when hardened by cooking is rendered much less easy of digestion. It is probable that eggs not meat cooked as carefully as may be are less readily acted upon by the gastric juices than either would be in the uncooked state. Albumen coagulates at a very moderate temperature, only a little higher than 100 degrees, and at less than simmering point, 180 degrees, it is hard. Boiling makes it tough and indigestible; hence it can readily be seen that eggs should never be boiled if their digestibility is to be retained in even a moderate degree. The term "soft boiled" or "hard boiled" should never be applied to eggs; rather, "soft cooked" and "hard cooked" would better be used. The custom of boiling eggs three minutes is an unwise one to follow. This is the scientific method for cooking eggs in the shells, and when it is followed even the hard egg cooked until its yolk can be grated, will be found perfectly digestible.

Soft Cooked Egg.

Allow one pint of water for two eggs. Heat in double boiler until water in the outside part of utensil is boiling. Temperature of water in inner vessel will be 180 degrees. Put in eggs with a spoon, cover and let stand over fire for six to eight minutes if liked soft cooked, thirty minutes for hard cooked. The same result may be obtained by having water boiling in saucepan. Slip in eggs and remove saucepan to back of range where water will not boil again. Eggs perfectly cooked should be placed and kept in water at a temperature of 175 degrees.

Nothing is more tempting for breakfast than a light, fluffy omelet, so tender that it almost vanishes at a touch. The secret of a good omelet is to beat much air into the eggs and then apply a moderate temperature in cooking that the albumen may not be coagulated. The air in the eggs will expand by the heat and be retained by the albumen as it is hardened. My favorite recipe for an omelet, which may be served with tomato, cheese or oyster sauce, is as follows:

Plain Omelet.

Four eggs, half teaspoonful of salt, a few grains of pepper, four tablespoonfuls of water and one tablespoonful of butter. Separate yolks from whites. Beat yolks in a bowl with a Dover beater until thick; add salt, pepper and water. Beat whites until stiff, cutting and folding the yolks into them until the mixture is blended. Melt butter in omelet pan and when moderately hot turn in mixture, spread evenly, place on range where it will cook slowly—about twelve minutes. Keep the temperature low until the last minute, when it may be raised to brown the bottom. When well puffed put pan in a moderate oven to cook the top—that is, until omelet is firm to the touch. Grease, cross the top and fold. Serve at once.

Cheese Custard.

Half cup of cheese, three eggs, two cups of milk, salt and pepper and slices of buttered bread. Beat eggs, adding salt, pepper, milk and grated cheese. Then pour over slices of buttered bread and bake in moderate oven, following method of baking custard.

What a simple dessert is a baked custard! It is a favorite with almost every person when baked until firm, with no indications of wateriness. And yet, possibly because it is so simple, it very often appears more like curds and whey than the article which the name implies.

The secret of success is in the method of cooking. The oven should be moderate, only hot enough to brown a piece of white paper in twenty minutes, and the dish containing the custard should be set in a pan of hot water on several folds of paper to equalize the temperature and prevent the custard boiling.

Baked Custard.

Four cups of scalded milk, five eggs, one-half cup of sugar, one-quarter teaspoonful of salt and a little grated nutmeg. Beat eggs, add sugar and salt and pour on slowly the scalded milk. Pour into buttered baking dish or into individual buttered baking cups, sprinkle with nutmeg, set in a pan of hot water and bake in a slow oven until custard is firm. Remove from pan containing hot water and set in cold.

Stews and Soups.

A few pounds of the cold or forearm are excellent for a stew. Cut the meat into small pieces for serving. Plunge into rapidly boiling water, set the kettle over the simmering burner or a very low fire where it will not boil again and cook slowly until meat is tender. Salt and pepper may be added after the meat has been seared, and as the water boils away more should be added. Meat is thus cooked in a small quantity of water, and some of the juice and flavor are in the liquid. Meat is boiled in a large quantity of water by plunging the piece into the boiling water and allowing it to boil three or four minutes. This closes the cut muscles, hardens the outside and keeps the juices in the meat.

In making soup the method is exactly opposite. The meat is cut into small pieces—a shank or shin is best for soupmaking—put into cold water and salt added at once. This will draw out the juices of the meat into the liquid. The water should not be allowed to boil throughout the entire time of cooking. If vegetables are used, they should not be added until the last hour.

The Mobile Reunion

With halting steps and trembling limbs, gray bearded and feeble; with eyes in which the fire of youth has been dimmed by the none too gentle passing years, but with hearts full of pride and joy, 15,000 veteran soldiers of the Confederacy marched today behind the battle scarred flags which they followed in the sixties, shoulder to shoulder with comrades who endured together the hardships of war. To the soft strains of Dixie played by two score bands, encouraged by the cheers of the biggest crowd Mobile has ever entertained, the annual parade of the veterans passed its history.

The weather was perfect. The sun was bright and warm, but a breeze from the gulf tempered the rays and made ideal marching conditions. The line of march was elaborately decorated with bunting and streamers. Huge arches carried words of welcome to the veterans and from every building the stars and bars and the stars and stripes swung together, flapping lazily in the breeze. Maj. Gen. Geo. Harrison, commander of the Alabama division, was the grand marshal of the parade. To simplify the parade formation, a map of the line of march had been printed, showing the exact spot at which of the 26 divisions was to form. Although the parade was not scheduled to move on until 10 o'clock some divisions reached the line as early as 7 o'clock. Bands were on hand and entertained the waiting crowds with music.

One of the pretty features of the parade was the march of the sponsors and maids of honor of the Sons of Veterans. Mobile has a total of 36 public carriages—not enough to carry all the maids and sponsors. So the sponsors and maids of the veterans were given the carriages and the pretty young woman who came with the sons marched at the head of the various camps to which they were attached.

There were some curious features in the parade. A number of old negro soldiers were in line. Among them Jefferson Shields who claims to have been Stonewall Jackson's cook. Jeff was covered with reunion badges and carried a live chicken under his arm. When asked what he was doing with the chicken he replied that he was just carrying his lunch in the Virginia division were a group of old soldiers carrying swag nests on the end of canes.

The preliminary arrangements for the parade were so perfect that the lead of the column was set in motion three minutes before the time for starting, 10 o'clock.

Gen. Clement A. Evans, who was to have commanded the parade, was too weak and ill even to review it, and the new commander-in-chief, Gen. Geo. W. Gordon, surrounded by his staff, replaced him. Gen. Gordon expressed deep regret that the white haired old commander could not round out his office by directing the closing movements of the troops of the reunion.

The parade followed the line of march assigned it and counter-marched through historic Bienville square, where Gen. La Fayette once reviewed the continental troops. In a huge review stand the general officers and guests of honor watched the parade pass in review.

Farm For Sale.

158 acres of good land, 70 acres improved, 50 acres of which is fertile bottom land. Good ten room house (new); barn and out-buildings. Good school on place, church convenient. Outlay to open range, well timbered and well watered. 100,000 feet of standing white pine and a lot of oak. A bargain to a quick buyer; adjoining place for sale. Apply to Ellis H. Moore, Frost, W. Va.

WANTED—A hardwood lumber inspector of ten years experience, wants a position. Can furnish good reference. Address Postoffice box 197, Covington, Va.

Only a Nickel.

Furda, he wore a rose in the lapel of his coat, and when the plate was passed he gave a nickel to the Lord.

He had several bills in his pocket and sundry change, perhaps a dollar's worth; but he hunted about, and finding the poor little nickel, he laid it on the plate to aid the church militant in its fight against the world, the flesh and the Devil.

His silk hat was beneath the seat, and the gloves and cane were beside it, and the nickel was on the plate—a whole nickel.

On Saturday afternoon he had a carriage at the hotel, and his friend had a fancy drink, and the cash register stamped twenty-five cents on a slip the boy presented to him: "Pay off a bill, he handed it to the pad, and gave him a nickel tip when he brought back the change.

"A nickel for the Lord and a nickel for the waiter!"

And the man had his shoes polished on Saturday afternoon and handed out a dime without a murmur. He had a shave, and paid fifteen cents with equal alacrity. He took a box of candies home to his wife, and paid forty cents for them, and the box was tied with a dainty bit of ribbon.

Yet, he gave a nickel to the Lord!

"Who is the Lord?"
"Who is He? Why the man worships Him as the Creator of the universe, the one who puts the stars in order and by whose immutable decree the heavens stand.

Yes, he does and he dropped a nickel in to support the church militant.

And what is the church militant? The church militant is the body that represents upon the earth the great God the man gave the nickel to.

And the man knew that he was but an atom in space, and that the Almighty was without limitations, yet, knowing this, he put his hand in his pocket and picked out a nickel and gave it to the Lord.

And the Lord being gracious and slow to anger, and knowing our frame did not slay the man for the meanness of his offering, but gives him this day his daily bread.

But the nickel was ashamed, if the man wasn't.

The nickel hid beneath a quarter that was given by a poor woman who washed for a living.—Selected.

Union Revival Service.

A united evangelistic meeting of two weeks or more will commence in the Presbyterian church in Falling Spring next Sunday day morning, May 22nd. Preaching morning and evening every day. The Baptist church of Renick, the M. E. Church South of Falling Spring and the M. E. Church of White Oak Grove, will unite with the Presbyterian church in this evangelistic effort.

All Christians are requested to unite in prayer for a great revival.

The four pastors will be assisted by Rev. W. L. Reid, of Louisa, Kentucky, who will have charge of the music and with his wife's assistance, organize a large choir of the singers of all the congregations. All the people are sincerely invited to attend and take part in these meetings.

Unclaimed Letters

List of letters remaining unclaimed for in this office for the week ending May 14, 1910.

Cards:
Conard, Miss Flossie
Ingram, George

These letters will be sent to the dead letter office May 28, if not delivered before. In calling for the above say "Advertised" giving date of list.

A. S. OVERTON, P. M.

COLLIE PUPS—Pure bred Scotch Collie pups, two months old. Special low price for quick sale. Apply at once to E. H. Moore, Frost, W. Va.

Confederate Monument

"Whoever shall vote at such primary election or at any such meeting or at any caucus or any public meeting for political purposes, of the qualified voters of any city, town, county, district or ward in this State or of any specified party or portion of such voters for the nomination of candidates to be supported at any State, municipal, city, county, district or ward election or for the selection of delegates to any political convention or for the appointment of any political committee not being a legal voter in the city, county, town, district or ward, as the case may be, in and for which such Primary Election or meeting as the case may be, is held; whoever so votes, being such legal voter, BUT WHO IS NOT A KNOWN, RECOGNIZED, HERETOFORE OPENINGLY DECLARED MEMBER OF THE PARTY INCLUDED IN THE TERMS OF THE CALL UNDER WHICH ANY SUCH ELECTION OR MEETING IS HELD; whoever shall vote or attempt to vote upon any name not his own, at any such primary election or meeting, whoever shall vote or attempt to vote more than once at any such Primary Election or meeting, or more than the separate votes or ballots allowed each voter if more than one vote or ballot is allowed to be cast; whoever shall either use or receive any money or other thing of value to influence any vote or ballot at any such Primary Election or meeting; whoever shall cast any vote or ballot at any such Primary Election or meeting after having received money or other thing of value for or in consideration of such vote or ballot; shall be guilty of a misdemeanor, and shall be punished by a fine of not more than one hundred dollars or by imprisonment in the county jail for not more than three months, or in the discretion of the court by both fine and imprisonment."

Violets.

What are the children doing today
What are the children doing?
Out in the fine air, out in the sun,
Gathering the violets, every one,—
For it is the violet season

I see them in groups of three and six,
And a dear little child alone;
Her bonnet is cast on the grass aside,
And under it many flowers hide,
Sweet violets, blue and white.

I believe the Good Father throws them down
With a lavish hand and heart,
On the soft green sward and over the lawn,
Dazzling with diamonds at early dawn,
Wild violets children love.

Sweet is the influence of the flowers,
And quiet as it is strong;
The violet school hath a subtle away,
And violet fragrance for life's long day,
Till evening opens Heaven.

A. L. P.

The Dutchman's Dog.

A Dutchman addressing his dog said:

"You was only a dog, but I wish dat I vas you. Ven you go mit your bed in you vas already undressed, you schust durns dree dimes roud und lays down; ven I go mit de bed in I haf to lock de place up, vind de glock up und put de cat out, und myself und de house roud, den maybe ven I myself gets to bed, it is time to ged up. Ven you gets up your close is on, you schust stretch yourself, dig your neck a leedle, und you vas up. I haf to light de fire, und put on de kiddle, scarp some more mit my wife und get myself breakfast. You get around all de day und haf plenty of fun. I haf to work all de day und haf plenty of drabble. Ven you die you vas dead. Ven I die I haf to go to hell yet."

Absolutely Pure...
Royal Baking Powder
Improves the flavor and adds to the healthfulness of the food.
ROYAL BAKING POWDER
Absolutely Pure

NEW NEWS OF YESTERDAY

One Time When Lincoln Wanted Cheering Up.

Sent for Judge Trumbull to Spend a Night Swapping Stories at a Dark Period of the Civil War.

By E. J. EDWARDS.

What do you do when you want cheering up? How Lincoln, at the dark period of the civil war, sent to Connecticut for a typical down East Yankee to cheer him up, was told to me a few months before his death, by Isaac H. Bromley, to whom Lincoln appealed in his extremity for help in getting the cheering up he so badly needed. All his life long Mr. Bromley was a newspaper man, but when he tells the anecdote, he assured me that he believed it had never been printed, and until now I have never told the story in print. "In 1860," said Mr. Bromley to me, "I was the proprietor of a Republican newspaper at Norwich, Conn. I was one of the citizens of that town who invited Mr. Lincoln to visit Norwich on the eve of a state political campaign, that visit to follow his now historic appearance at Cooper Union in New York city. As Mr. Lincoln was on his way to Harvard to visit his son Robert, then a student there, we thought that, without inconvenience to himself, he could make one or two political addresses in Connecticut. "Well, Mr. Lincoln graciously accepted our invitation, and in due time he delivered a speech that became traditional. A brilliant audience heard him. Every person in it was actually spellbound by the man's individuality, his power of delivery and thought, and years afterward I heard men who were there declare that never before nor ever since had they been so completely under the spell of spoken words. "Yet an hour after the close of that wonderful speech some of us who heard it were little short of astounded to behold Lincoln in another light—a light so utterly at variance with our first one of him that we could scarcely believe that here was the same man who had moved us so mightily earlier in the evening by the sheer power of his intellect. "Before Mr. Lincoln reached Norwich one who knew him slightly told several of us that the great Illinoisan dearly loved a good teller of tales, and was rejoiced to meet an original character who had a fund of anecdotes always on tap. "Now, there lived in the neighboring town of Stonington an able lawyer, who was also distinguished as a brilliant story teller, Judge Trumbull, a descendant of that governor of Connecticut who is known in history as Brother Jonathan. This Judge Trumbull was invited by us to meet Mr. Lincoln at his hotel, and a little after ten o'clock that historic night I escorted Mr. Lincoln to his room and there introduced him and Judge Trumbull. "The instant the two men met," Mr. Bromley continued, "each recognized in the other a congenial spirit, and with the formalities of the introduction barely over, Lincoln said: "Judge Trumbull, they tell me that you know more good stories than any other man in your state, and from all I've heard about Connecticut I reckon there are a good many good story tellers in the state. Let's swap stories." "Lincoln began with an anecdote of the prairie. When he had finished, Judge Trumbull came back with a down east yarn. And so they went on and on, matching stories. Time passed, midnight struck, and still they were at it. "At last it occurred to me that Mr. Lincoln ought to get some sleep, so I said: "Judge Trumbull, Mr. Lincoln is to take the six o'clock train for Providence, and he ought to have some sleep." "Lincoln protested that he was getting better rest than sleep would give him, the duel of story telling went on, and, as a result it was not until three o'clock that Judge Trumbull and the rest of us bade Lincoln good night, all except two or three of us never to see him again.

Show Day Coming.

Some idea of the Sun Brothers' Shows can be gathered from the following facts:

A complete train of double length cars, each 60 or 70 feet long, is required to transport this tented establishment from town to town; the tents cover an area of five acres; the main pavilion or "Big top" as it is called in show parlance, seats several thousand people; there are 300 fine bred draught and racing horses; 25 diminutive Shetland and Iceland ponies and several educated comic mules in the equine department; a creditable display of cages and dens of rare wild animals, birds and reptiles are contained in the zoologic collection. There are 50 or more male and female performers of national repute and about 100 canvasmen, hostlers and other workmen.

The first event of show day will be the magnificent free open air exhibitions on the show grounds at 11:30 o'clock, in the morning.

These free outside spectacles are said to be gorgeous and memorable without precedent, and all free to the public. The initial performance will be given at 2 p.m.

The night show at 8 o'clock will have often heard the remark:

"When you have seen one tented show, you have seen them all."

While in the majority of instances this is true, the phrase cannot apply to the Sun Brothers' Greater Shows for their programme of this season, is composed of entirely new, all star, unique, novel and exclusive features, many of which have never been seen in this section of the country. As a matter of fact, "there is such a mighty melange of mastodontic marvels," to quote the General Agent, Mr. Peter Sun, "that all spectators sit in rapt amazement throughout the entire programme."

At Marlinton, Monday, May 30.

Auction Sale at Court.

Auctioneer Swecker has a Bankrupt Stock of Goods in his hands, and will sell them out at Marlinton during Court. Come for bargains